

Green Grapes

Grab and Go!

Grapes are Nutrient Rich

Grapes are nutritious and packed with vitamins and minerals. A single ½ cup serving of green grapes contains only 53 calories, have low sodium and are fat and cholesterol free!



Green grapes are packed with potassium and fiber, which can help lower high blood pressure.

Eating Fruit with High Blood Sugar

Grapes are high in naturally occurring sugar. Sugar naturally found in fruit can raise your blood sugar, especially if you have [type 2 diabetes](#). That doesn't mean you need to avoid grapes altogether. Even people with type 2 diabetes can eat grapes as part of a healthy diet. The key is to pay attention to your portion sizes and limit yourself to 4-5 servings of fruits per day.

Enjoy Grapes with Meals



Green grapes are a convenient snack, easy to pack into a lunch box or carry with you on outings or picnics.

- Grapes mix well into meat and fruit salads.
- Have grapes with cheese and crackers.
- Add grapes to cold dishes like chicken salad to add texture and sweetness.

**½ Cup Serving of Grapes is
equal to 16 Grapes**